

ACTIVE AGEING 2017



SATURDAY 21ST OCTOBER

The Victoria Shopping Centre 9.30 til 2.00



Advance notice and a date for your diaries -

Southend Older People's Assembly is again hosting the ever popular annual Active Ageing Community Day and as in previous years the event will be held in The Victoria Shopping Centre - 9.30 am to 2.00 pm .

We have lots of exhibitors representing many aspects of Active Ageing and Living Well plus entertainment throughout the day. Outside on the area near to the Odeon we are offering you an opportunity for free health checks with our exhibitor Ace Lifestyle Southend. The event will be opened by Sir David Amess MP Southend West along with our OPA President Dave Monk of BBC Essex. Southend Mayor Cllr Fay Evans will also join us later in the morning.

The Event Programme will be available at the end of September and look out for more news updates here. Please do come along and support your OPA, meet our guests, visit our exhibitor stands and enjoy the entertainment.